



ANNUAL REPORT

**2018-19
2019-20
2020-21**



Niramay Charitable Trust

*" The Best way to find yourself is to lose
yourself in the service of others "*

Mahatma Gandhi

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Preface

we have
touched lives of
more than
10,000
people in last
3 Years

Our journey of Niramay began three years back with this commitment to be of help to the people in need. This document has helped shape our idea and character to stick to our objective and resist temptation in last three years. Our guiding principles have been our ultimate source of reference whenever we have doubts about our actions.

In last three years we have been able to touch lives of nearly 10,000 people through our various initiatives. We like to thank everyone who have supported directly or indirectly our activities. Community service requires guidance and support from everyone in society. We solicit your support and guidance for activity of Niramay Charitable Trust.

We are happy to share our progress and initiative in last three years 2018-19, 2019-20 and 2020-21 through this document. This document is comprehensive documentation of our activities and serves as Annual report for last three years for Niramay Charitable Trust. We look forward for your feedback on this document.



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*Place: Gandhinagar
Date: 25th May, 2021*

This document is comprehensive documentation of our activities and serves as Annual report for last three years for Niramay Charitable Trust.

About Niramay Charitable Trust



Life gives an opportunity to everyone, at least once, to do something beyond their individual capacity. Life makes ordinary people do extra ordinary things for the greater good of humanity. These men of valour and unshakable character rise above the average and create wonders with the undeterred commitment to an idea.

We the ordinary people, gathered by destiny, to do something beyond our individual capacities are forming a charitable trust to accomplish something extra ordinary in our lifetimes. We pray to almighty to give us strength and courage to conquer our fears and overcome our greed and lust for the power. We pray for bestowing us with the capacity to be able to serve poor and most vulnerable people. We also pray for wisdom to continue our love and affection for each other and society. We pray for a strength to stand with each other in difficult times.

Science of medicine has progressed tremendously in last one century. We have conquered many of the communicable diseases such as plague and TB which used to wipe off entire cities and villages from the face of earth. We have conquered various non-communicable diseases as well through various medical and surgical techniques. There seems to be very bright hope that one-day man will be able to cure most of the diseases and provide healthy life to all.

Yet there are two major issues continue to hinder progress of science of medicine. First hindrance is emergence of new diseases every now and then before the science can find a cure for the previous diseases. Cancer is the classic example of such phenomenon. There seems to be no effective cure of the diseases in present medical system if disease is identified late. There is no cure for the cancer spread beyond certain limits.

Second major hindrance is the cost of the therapy. Medical science has become so costly that it has almost reached out of the range of most of the people, except for the few elites. A single episode of critical illness can wipe out entire saving of a person. Furthermore, many people would not even be able to afford or think about such care. Cost of medical care continues to be single most cause for sending people in poverty.

*“ Poverty
is the worst
form of
violence ”*

*“ Recall the face of
the poorest and
weakest man you
have ever seen, and
ask yourself if this
step you
contemplate is
going to be any use
to him ”*

*“ The best
way to find
yourself is to
lose yourself in
the service of
the poor ”*

Mahatma Gandhi



OUR VISION

To develop a system which provides adequate and appropriate care to everyone without the consideration for their social or financial capacity to ensure healthy people in service of a nation.



OUR MISSION

To establish a health care system which will cater to the need of society and provide community as well as facility based care for the major public health problems



OUR OBJECTIVES

- To establish a tertiary care institution to address major public health problems in Gujarat & India
- To establish organized community based clinical services as well for providing promotive and preventive services for the betterment of health
- Develop state of the art scientific research from the institutions based on ancient Indian learning as well as western scientific learning and use findings for the betterment of people



OUR GUIDING PRINCIPLES

Every organization has to establish ground rules for ensuring conduct according to the vision and mission.

We the trustees of Niramay Charitable Trust hereby agree to follow following guiding principles.

1. Primary objective of this organization is to be of service to the poorest person
2. We shall treat poor persons irrespective of their financial capacity to pay
3. We shall treat this organization as tool for service to society and not a business model
4. We shall not indulge in any morally incorrect practices, no matter whether it is legally permissible or highly beneficial personally or for organization
5. We shall earn our livelihood from the services we provide to the organization
6. All decisions shall be taken democratically after considering all view points
7. Society has responsibility to take care of most vulnerable people. Organization will primarily depend on funding from the donors
8. Benefactors/donors will have right to verify utilization of their contribution. Organization will be responsible for answering up to the satisfaction of benefactors.
9. We believe in religious harmony and unity. Organization will always remain secular irrespective of circumstances
10. Actions speak louder than words. All trustees must strive to set highest standard of personal and professional behaviours.

These ten guiding principles are the torch light guiding our all actions. These principles may not be legally binding but they are the morals we believe in.

May our Conscious be witness to our pledge

In the Service of People

Activities at Glimpse in Last three years



Niramay Trust was formed in May 2018 with Charity Commissioner Gujarat. Since then Niramay Trust has worked in various areas related to health for improving health and well-being of people of Gujarat. Following is brief summary of our activity over last three years.

Community level Noncommunicable Disease Screening camps



59

Total Camps

9

Total districts
Covered

5655

Total number of people screened
for Diabetes, Hypertension and Oral Cancer

COVID 19 Response



Support to
Govt. of Gujarat
for COVID 19

4

months technical
support for data analysis
and documentation

Health check up camps
for police personal

1441

persons screened

Distribution of

5000

Cotton masks &

200

bottle of sanitizer

1

COVID Care center

1

COVID Facility need
assessment report

Adolescent health screening camps for anemia



363

girls screened

Mental Health self assessment app



Self-diagnosis of depression and stress followed by counsellor support
to people with moderate to severe depression and stress

Research Activities



Scientific abstracts presentation :

Two research abstracts on Oral Potentially Malignant Diseases (OPMDs)
accepted in international conferences

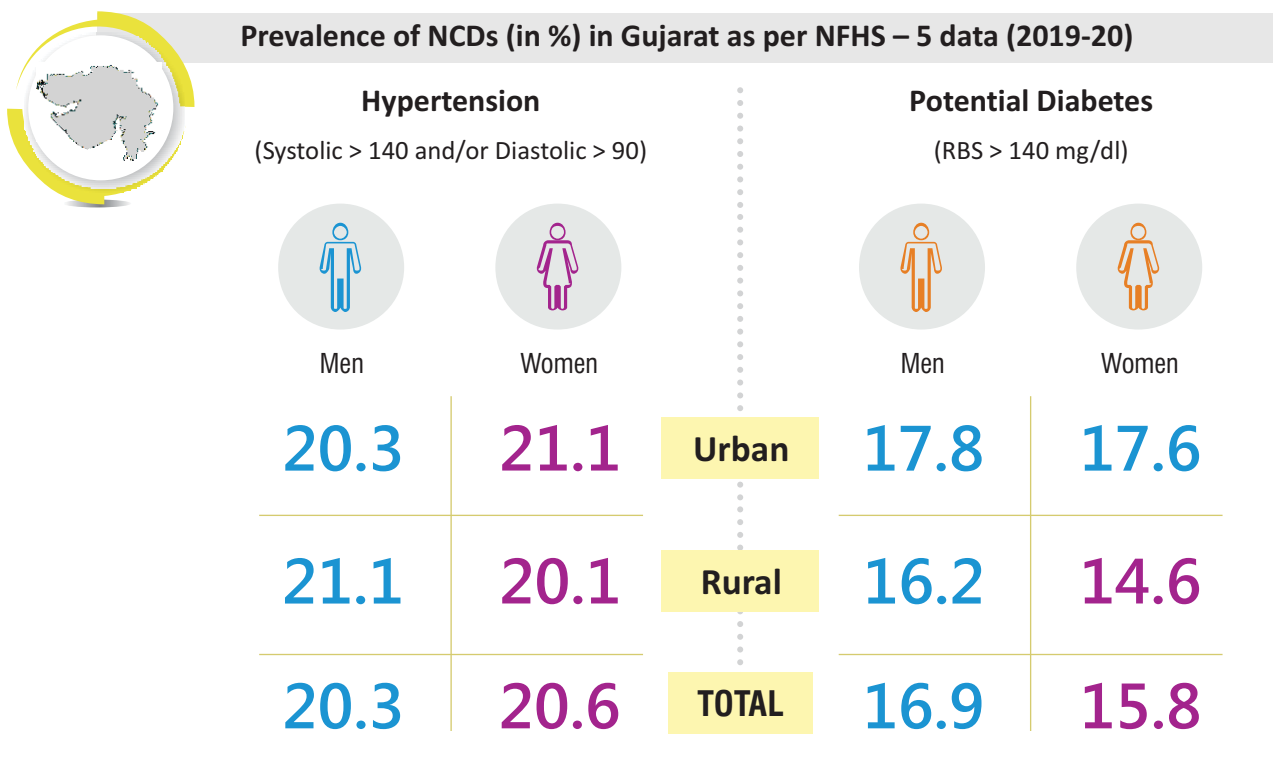
Details of each of the above program are provided in subsequent sections of the annual report. Details about our partner organizations and financial disclosure are provided towards the end of the document.

Healthy Hundred Thousand Initiative (HHTI)

Battle Against Silent Killers

India is witnessing an epidemiological transition from communicable diseases to non-communicable diseases. Major killer diseases of past such as Tuberculosis, Small Pox, Malaria are either eliminated or controlled to a great extent. However, majority of Non Communicable Diseases such as heart diseases, cancer, mental disorders are on rise in India.

Non-communicable Diseases (NCDs) are on rise in Gujarat. As per the NFHS-5 data rates of hypertension and diabetes in Gujarat are as follows.



Similarly, oral cancer is another major public health concern in Gujarat with Age Standardized Incidence rate around **19.6** per **100,000** populations. This is one of the highest in India and is most common cancer among males in Gujarat.

Project Healthy Hundred Thousands Initiative



HHTI is an appropriate response to the rising rates of Diabetes, Hypertension and Oral Cancer in Gujarat. Under this initiative we intend to screen 1,00,000 individuals over next few years for the above mentioned NCDs. We believe that only way to address issue of rising NCDs and their complication (e.g. Myocardial Infarction (Heart Attack), Cerebro Vascular Stroke (paralysis) and various neurological and micro vascular complications due to diabetes) is to timely screen for these primary conditions and initiate appropriate pharmacological and non-pharmacological interventions. Major objectives of the initiative are as follows;



Goals and Objectives

Screening

Provide comprehensive NCD screening (Diabetes, Hypertension and Oral cancer) to

..... **1,00,000**
people of Gujarat

Referral and treatment

Provide support to people with precancerous lesions and refer them for the further treatment. Similarly, guide hypertensive and diabetic patients to nearest Primary Health Care Centres for further management

Awareness generation

Increase community awareness generation activity to reduce consumption of tobacco products

We have so far screened nearly **5655** people for above mentioned NCDs. We are expanding our Community level screenings in 2021-22. We have worked with various partners in past three years to organize community level camps. Details about this activity in last three years are as follows.



Every Fifth person in Gujarat is suffering from Hypertension and Every Seventh person is having RBS > 140 mg/dl suggesting Diabetes.

First step in the journey, The Most Fulfilling Experience

NCD Screening Camp at Morbi

Number
of
Camps

1

Year

2018
December

Supported
by

Residents of Moon Nagar
Society Morbi & NCD cell,
Morbi District Hospital

Highlights

NCD Screening camp at Moon Nagar Society Morbi was the first activity carried out by Niramay Charitable Trust. Health Conscious residents of Moon Nagar Society Morbi supported organization of NCD screening camp. This activity was supported by NCD Cell Morbi District hospital by deputing dental surgeon for the camp. Total 178 people were screened in this camp and 38 high risk patients were identified. Along with the screening camp small library was also started for the local residents with donation of books.

Five persons identified with OPMDs were helped to connect with Government Cancer Hospital Rajkot for further management. Likewise newly detected diabetic and hypertensive patients were connected to NCD cell, District Hospital, Morbi for further management. Extensive awareness generation activities were carried out for NCD with support from NCD cell, DH, Morbi.



178
Total Screened

38
Identified
High Risk

05 Precancerous Lesions

20 Blood Pressure

13 Diabetes

Serving those who needs it

NCD Screening Camp at Veraval, Gir Somnath District

Number
of
Camps

1

Year

2019
December

Supported
by

District NCD cell,
Gir Somnath &
Nurani Hospital, Veraval

Highlights

Based on the experience of the community level camps at Morbi, further camps were planned to be organized for reaching out to more number of people in different places. We organized our second screening camp at the Veraval city in collaboration with NCD cell, Gir Somnath District and local community organizations. Total 51 people were



screened and 24 high risk patients were identified. Identified 4 OPMD persons were connected to Cancer Hospital, Rajkot and newly diabetic and hypertensive patients were connected to NCD cell, District Hospital, Veraval. IEC activities were carried out to raise awareness about Non Communicable Diseases.



51
Total Screened

24
Identified
High Risk

04 Precancerous Lesions

06 Blood Pressure

14 Diabetes

The soul of India lives in its villages.....

NCD Screening Camp at Sikka, Jamnagar District

Number
of
Camps

6

Year

2019
June

Supported
by

Gujarat State Electricity
Corporation Limited
(GSECL)

Highlights

GSECL is an energy production and distribution company in Gujarat. It has got multiple power stations across Gujarat. GSECL is involved in various activities under CSR in villages nearby to their power plants.

Sikka town of Jamnagar District has GSECL power station. Niramay Trust organized Six-day long health screening camps in villages nearby to Sikka. Our team comprised of Dental surgeon, staff nurses, supervisors from trust and support staff. GSECL supported this activity financially and provided local support at the ground level to organize camps and mobilize people. One staff from GSECL was always present during conductance of camp to ensure quality during entire activity. Niramay Trust organized camps in Jogvad (3), Gagva (2) and Sikka (1). We organized camps in the health sub centres, public schools and other places close to the community. We reached out to brick clan workers and other people staying at work places outside the villages through mobile team. We screened total of Total 471 people and identified 158 high risk patients. **Some of the OPMD identified patients were as young as 11 years old.**

Village wise distribution of the people screened and high risk identified is attached as Annexure – 1 Brochure. This brochure was developed as a closure report for GSECL.



471
Total Screened

158
Identified
High Risk

79 Precancerous Lesions

65 Blood Pressure

14 Diabetes

Service of the vulnerable is the true service of humanity

NCD Screening Camp at Ukai, Tapi District

Number
of
Camps

4

Year

2019
September

Supported
by

Gujarat State Electricity
Corporation Limited
(GSECL)

Highlights

GSECL is an energy production and distribution company in Gujarat. It has got multiple power stations across Gujarat. GSECL is involved in various activities under CSR in villages nearby to their power plants.

Ukai town of Tapi District has GSECL power station. Niramay Trust organized four-day long health screening camps in villages nearby to Ukai. GSECL supported this activity financially as well local support at the ground level to organize camps and mobilise people. Niramay Trust organized camps in Nani Khervan, Moti Khervan, Vagda and Dumda. We organized camps in the health sub centres, public schools and other places close to the community. We screened total of Total 276 people and identified 99 high risk patients.



276
Total Screened

99
Identified
High Risk

58 Precancerous Lesions

36 Blood Pressure

05 Diabetes

We, Illness becomes Wellness

NCD Screening Camp at Kalol, Gandhinagar District

Number
of
Camps

18

Year

2019-20

August to March

Supported
by

Arvind Foundation

Highlights

Arvind foundation is working in Kalol Taluka of Gandhinagar district. Foundation provides support to the nearby villages in health, education and other sectors. Niramay Trust partnered with Arvind Foundation for organizing NCD screening camps in villages of Kalol Taluka.

This activity began in month of August 2019 with camps starting in Khatraj village of Kalol taluka. We organized total of 18 camps over next 8 months in 8 villages of Kalol Taluka. We got tremendous support from village sarpanch as well as Arvind foundation staff. One observer from Arvind foundation was present there during conductance of camp to provide on ground support for the activity. We screened total of 1034 people in these villages and identified 343 individuals with high risk conditions. Village wise details of the camps along with further information about the camp is attached as Annexure 2.



1034
Total Screened

343
Identified
High Risk

179 Precancerous Lesions

103 Blood Pressure

61 Diabetes

Better Health through better living. Serving the largest district of India

NCD screening Camp at Luna-Vadodara, Madhada-Junagadh and Mota Bhadiya-Kutch

Number
of
Camps

3

Year

2019
December

Supported
by

Bhajanandi Foundation

Highlights

Bhajanandi Foundation is working in Vadodara, Junagadh and Kutch district. Niramay Trust supported organization of camps in three different locations of these districts at Luna (Vadodara District), Madhada (Junagadh District) and MotaBhadiya (Kutch District). We screened total of 280 individuals and identified 181 individuals with high risk conditions.



280
Total Screened

181
Identified
High Risk

97 Precancerous Lesions

71 Blood Pressure

13 Diabetes

The first wealth is health. Venturing further in helping people.

Super Speciality Camp at Hajipur, Gandhinagar

Number
of
Camps

1

Year

2019
December

Supported
by

Arvind Foundation &
Gujarat Cancer Research
Institute (GCRI)
Ahmedabad

Highlights

Under HHTI initiative in Kalol Taluka we identified more than 400 (n-411) people with OPMDs (Oral Potentially Malignant Diseases). These people require further check-up by a trained oral cancer surgeon for decision on further evaluation and biopsy.

In order to ensure this super speciality care to the people closest to their residence we partnered with Gujarat Cancer Research Institute, Ahmedabad (GCRI) one the premiere institute for cancer management, for deputing an oral cancer surgeon for a camp at Hajipur. We organized camp at Hajipur and mobilized OPMD patients for participation. Oral cancer Surgeon Dr.Naimish provided consultation to OPMD patients. Patients were advised for visiting GCRI in case of further evaluation was required. Others were advised on tobacco cessation and regular follow-up.



An ounce of prevention is worth pound of care

Adolescent Anaemia: Kalol, Gandhinagar District

Number
of
Camps

1

Year

2019
December

Supported
by

Arvind Foundation

Highlights

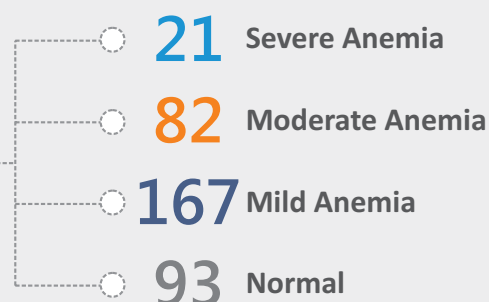
Arvind foundation is working in Kalol Taluka of Gandhinagar district. Foundation provides support to the nearby villages in health, education and other sectors. Niramay Trust partnered with Arvind Foundation for organizing Anaemia Screening camp for 363 adolescent girls living in hostel at Arvind Ltd.



We Screened total of 363 girls for anaemia using Point of Care device, for on the spot anaemia diagnosis. We also supported further diagnosis of anaemia among moderately and severely anaemic girls through auto analyzer in one of the standard laboratory. We also advised for the appropriate management of anaemia through dietary modification and management. Distribution of Anaemia (Normal: 12 or more, Mild: 11-11.9, Moderate: 8-10.9 and Severe <8 gm/dl) among adolescent girls is as follows.



363
Adolescent
Girls Screened



Together, we Can. Supporting worst health care crisis of century

COVID-19 Response



COVID-19 is one of the deadliest pandemic of last one century affecting lives of billions of people around the world. First case of COVID-19 in India was registered in January 2020. Gujarat state registered first case on 19th March 2020.

Looking at the COVID-19 situation in Gujarat, Niramay trust halted community level NCD screening camp under HHTI in March 2020, ten days before first case in Gujarat. However, our commitment to reach out to maximum number of people and help them remained undeterred.

We focused our energy and resources in to COVID-19 response. Major activities carried out under COVID-19 are as follows.

1. Mask and sanitizer distribution to more than 5000 people
2. Technical support to health department for data analytics and documentation
3. Comprehensive health screening to 1,441 police personnel of Bharuch District
4. Mental health self-assessment application
5. COVID Facility Need Assessment Report
6. COVID Care Center at Narayanpura, Ahmedabad

All these activities are carried out in year 2020-21. Details about each of the above mentioned activity is as follows.



Mask and sanitizer distribution to more than 5000 people

I wear (Mask), Because I care.

Very early days of the COVID-19 were very difficult in terms of lock down and unavailability of essential items at disposal. We realized need for helping frontline workers for their regular activity. We discussed possibility of support to various departments and supported with providing masks and sanitizers as per the need. We distributed approximately 5,000 masks during this period to frontline workers. We stopped this activity in later months as plenty of masks were made available to all frontline workers through different mechanisms.

We supported following institutions for the mask and sanitizer distribution. Apart from these institutions, we kept enough of masks in our vehicles and provided to the people, wherever we found it necessary. Letters from the above institutions are annexed.

1. Jamnagar Municipal Corporation, Jamnagar – 4000 masks
2. CID Crime & Railways, Gandhinagar – 200 masks & 200 sanitizers
3. United Charitable Trust, Gandhinagar – 200 masks
4. Fire Department, Gandhinagar – 150 masks
5. Security guards, watchmen, cleaning staff in societies and other people in need of masks – 450 masks

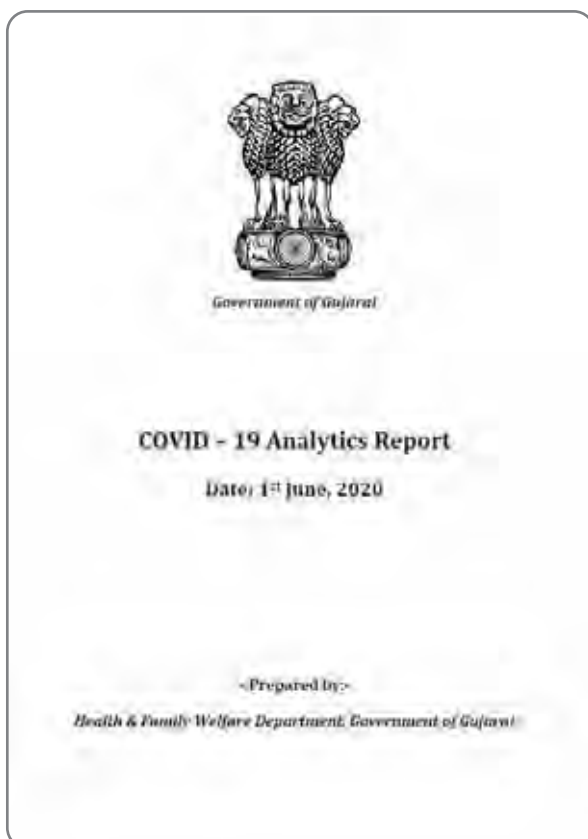
We received generous contribution for this activity from Arvind foundation and well-meaning citizens. Detail about the contribution to the Niramay Trust by various donors is annexed.



Technical support to health department for data analytics and documentation

While we were working at the community level to mitigate impact of COVID-19, we approached Health & Family Welfare Department, Government of Gujarat for any support. We were entrusted with the task to support health department in developing daily analytic report for COVID-19. This report was meant to be used at policy maker level for daily brief. Apart from that we were asked to support in developing time to time documentation of COVID-19 response by State government.

We have provided above mentioned support for period of 4 months as per the request of Health Department. We supported this activity from April 2020 to July 2020. Gujarat CSR Authority provided support for this activity.



Comprehensive health screening of 1,441 police personnel of Bharuch District

Policemen have played an important role in combating COVID-19 effectively. From the day one of the COVID-19, they have constantly been on ground ensuring effective implementation of social distancing, masks and lock down. However, their duty makes them vulnerable to COVID-19 infection.

While there is no way to ensure 100% protection against COVID-19 infection, there is always possibility of reducing morbidity and mortality of COVID-19. Various studies have identified higher risk of serious infection and death among people suffering from co-morbid conditions such as Diabetes, Hypertension, Renal diseases, Obesity, Liver diseases etc. Timely identification and prompt treatment is the only way to reduce risk of severe COVID-19 infection and death due to COVID.



We discussed this idea with the Superintendent of Police Bharuch District for screening of all police personnel in district. SP Bharuch appreciated our idea and ensured all possible support to carry out these camps.

We carried out health screening camps in all 23 police station of Bharuch District in July 2020. We organized early morning screening camps for anthropometric measurement (Height, weight), Hypertension screening, visual examination and Laboratory sample collection. These lab samples were fasting samples for conducting total of 30 tests related to CBC (Complete Blood Count), Fasting Blood Sugar, HbA1C (for diabetics only), Total Lipid Profile, Renal Function test and Liver function test.

We screened total 1,441 police personnel under these camps. We identified 362 policemen with one or more diseases. We arranged for a MD Medicine doctor and organized second round of treatment camps. We arranged for screened policemen to consult physician and ensured adequate treatment as per disease condition.

We received generous contribution for these camps from Meghmani Organics Ltd, Torrent Pharmaceuticals Limited and Lupin Pharmaceuticals Limited. We have documented this activity and 4 minute video is uploaded in **YouTube**. **Link for the video is as follows.**

YouTube video link :

<https://www.youtube.com/watch?v=2WCNYFX5FQk&t=113s>



Mental health self-assessment application

World Health Organization has defined health as 'complete state of physical, mental and social health, and not mere absence of disease or infirmity'. This statement highlights importance of mental health in ensuring holistic health for people. COVID-19, a pandemic of an unprecedented scale, is affecting every single aspect of our lives including mental health.

Previous studies suggest nearly 6% of population in India suffer from mental health disorders requiring intervention. This becomes more important in COVID times as mental health issues may further aggravate. Hence, it is important that these people are timely helped to early identify and treat these individuals before it becomes severe and leads to adverse outcomes.

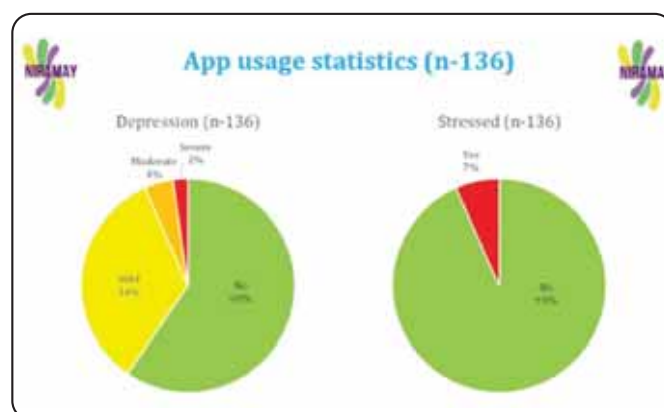
We, at Niramay Charitable Trust, are working towards addressing this issue of mental health. We are working on an initiative named Niramay Mann, one of its kind initiatives in mental health in Gujarat. We are working towards development of mental health application enabling individuals to self assess for their depression and stress.

Major component of this mobile app are as follows.

- Android based mobile application for self-assessment (Three language options English, Hindi & Gujarati)
- Real time score card generation for both conditions
- Tele consultation by counselor for moderately and severely depressed individuals
- Psychiatrist referral based on the counselor assessment

We have pilot tested this application on nearly 150 individuals and have found it to provide valuable information on mental health illnesses namely depression and stress. We are now going to make this application available online free for everyone to test their mental health. We are going to provide tele consultation support for approximately 500 individuals through GCSRA support.

In days to come we wish to roll out this application in educational institutes and workplaces for regular mental health assessment along with videos on positive mental health.



10. *Journal of the American Medical Association*, 2000; 284: 2689-2695.



COVID Facility Need Assessment Report

COVID-19 second wave has led to tremendous strain on the health care facilities. Every facility is struggling with either equipment, oxygen, medicines or trained Human Resources for the facility. Many donor agencies have come forward for supporting facilities in the time of such need.

Hence, it becomes important to assess need of the COVID-19 facilities for matching them with the donors. SAATH Charitable Trust, Ahmedabad entrusted Niramay Charitable Trust to carry out such assessment for the Ahmedabad city and submit a detailed report for sharing with donors.

Niramay Trust carried out detailed facility need assessment report for the Ahmedabad city. This report included need assessment of public/Trust or NGO/private facilities. Major parameters for assessment were need of equipment, medicines and trained human resources. Detailed report is submitted to SAATH Charitable Trust and is being used by donors for making best possible decisions for support health facilities to tide over COVID crisis.



COVID Care Center at Narayanpura, Ahmedabad

Niramay Charitable Trust is supporting operationalization and management of 20 bedded COVID Care Center at Narayanpura, Ahmedabad. This center is started and funded by Swaminarayan Mandir, Kalupur, Ahmedabad.

This center is completely free for the patients. This is 20 bedded center with oxygen facility available for all beds. We are also providing round the clock doctors, nursing staff and attendants for effective treatment and care of the patients. A critical care specialist is leading the care at center and visits patients twice a day to oversee treatment.

This center is inaugurated on 14th May 2021 by Hon.ble Lalji Maharaj Shree Vrajendraparasadji Maharaj in Presence of Acharya Maharaj Shree Kaushalendraparasadji maharaj.



Our research activities so far...

One of the major activities for Niramay trust is to generate scientific evidences for evidence based decision making. We have developed couple of scientific papers and now submitting it to various journals. Two of our scientific abstracts were selected for international conferences. However, due to COVID-19 these conferences were postponed. We are going to submit them to scientific conferences this year. Abstract of both the abstracts are annexed as follows.

Pre-cancerous oral lesions - Distribution and characteristics in community level screening at Gujarat India.

Author: Apurva Ratnu¹, Hari Prakash Hadial¹, Imran Malek¹, Devesh Tripathi¹, Dharmik Gadhavi²

(Niramay Charitable Trust, 2nd Year MBBS Student, GMERS Gandhinagar, Gujarat)

Background: Oral cancer is the most common cancer among males in Gujarat state of Gujarat. As per the report of Indian Council of Medical Research 2011-14 report, annual incidence of mouth cancer is highest in Ahmedabad, Gujarat with 18.1 cases per 100,000 population. Diagnosis of pre-cancerous lesions can help in quitting tobacco habit and early diagnosis of oral cancer. However, very less is known about the distribution and associations of these pre-cancerous lesions at community level. Present study tries to look at distribution and association of pre-cancerous lesion.

Methodology: Niramay Charitable Trust is involved in community level voluntary screening for oral cancer through trained dental surgeon. Total of 1244 adults were screened for oral cancer during June-December 2019.

Results: Total 215 (17.3%) adults out of 1244 were suffering from pre-cancerous lesion. Out of 215 Pre-cancerous lesions, 116 (53.9%) were Oral Sub Mucous Fibrosis (OSMF), 52 (24.2%) were Leukoplakia, 26 (12.1%) were Tobacco Quid Lesion and 21 (9.8%) were other Pre-cancerous lesions. 142 (66%) Pre-cancerous were among males compared to 73 (34%) among females. 159 (74%) of all Pre-cancerous were consuming tobacco. Tobacco chewing had 4.6 times higher chance of developing Pre-cancerous lesions compared to non-tobacco chewers (OR-4.6, $p < 0.00001$).

Discussion: Oral Pre-cancerous lesions are increasing in Gujarat, India over the years and are becoming important public health problem. It is important to further study pathways of transition from Oral Pre-cancerous to oral cancer and devise management strategies accordingly. Tobacco cessation continues to be the most important intervention for preventing either Pre-cancerous or oral cancer lesion. Present study highlights bad impact of tobacco on pre-cancerous lesion and this can be used to further shape health policy for reducing tobacco use at community level.

Keywords: oral cancer, pre-cancerous lesions, tobacco, OSMF

Abstract Title: *UNDERSTANDING ORAL SUB MUCOUS FIBROSIS – AN IMPORTANT ORAL PRE-CANCEROUS LESION AMONG PEOPLE OF GUJARAT INDIA.*

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Institutions: 1) Niramay Charitable Trust, 2) GMERS Gandhinagar, Gujarat)

Background: Gujarat state of India has highest incidence of oral cancer with 18.1 cases/100,000 population per year. Oral Sub Mucous Fibrosis (OSMF) is one of the most common pre-cancerous oral lesion leading to oral cancer. However, very little is known about distribution and association of OSMF and impact of tobacco chewing in development of OSMF. Present paper tries to answer few of these important questions related to OSMF.

Methodology: Total of 1244 adults were screened through community level voluntary screening for oral cancer through oral clinical examination by trained dental surgeon during June-December 2019.

Results: Out of 1244 adults screened, 215 (17.3%) adults were suffering from pre-cancerous lesion. OSMF was by far the most common PC lesion with 116 (53.9%) followed by Leukoplakia 52 cases (24.2%). OSMF was most common among males 69 (66%). Nearly half of the OSMF cases were in patients with age between 20-39. Tobacco chewers are five times likely to develop OSMF compared to non-tobacco chewers (OR 5, CI 3.2 to 7.8)

Conclusion: Oral Sub Mucous Fibrosis is becoming one of the major public health problem in Gujarat, India. It is further disturbing that very young age adults between age 20-40 are affected by this pre-cancerous lesion. Furthermore, tobacco chewing – most common habit among adult, is very strongly associated with development of OSMF. It will be important to develop cohort of OSMF patients and follow them over a period to understand transition of pre-cancerous lesion to oral cancer. Present study also highlights negative impact of tobacco on pre-cancerous lesions. This can be used to further shape health policy for reducing tobacco use at community level.

Keywords: oral cancer, OSMF, pre-cancerous lesions, tobacco chewing, Leukoplakia, cancer screening

MASCC 2020 - Abstract Submission

Oral care

MASCC20-ABS-1578

Understanding Oral Sub Mucous Fibrosis – An Important Oral Pre-Cancerous Lesion Among People Of Gujarat India

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Introduction: Gujarat state of India has highest incidence of oral cancer with 18.1 cases/100,000 population per year. Oral Sub Mucous Fibrosis (OSMF) is one of the most common pre-cancerous oral lesion leading to oral cancer. However, little is known about distribution & association of OSMF and impact of tobacco chewing in development of OSMF. Present paper tries to answer these questions related to OSMF.

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Conclusions: OSMF is becoming major public health problem in Gujarat. It is further disturbing that very young age adults age 20-40 are affected by OSMF. Furthermore, tobacco chewing is very strongly associated with development of OSMF. It will be important to develop cohort of OSMF patients and follow them over a period to understand transition of pre-cancerous lesion to oral cancer. Present study also highlights negative impact of tobacco on pre-cancerous lesions. This can be used to further shape health policy for reducing tobacco use at community level.

Disclosure of Interest: None Declared

Keywords: Cancer screening, leukoplakia, oral cancer, OSMF, pre cancerous, tobacco chewing

Donation/Project Funds received between May 2018 to March 2021



Sr.	Name of Donor/Organization	Amount (Rs.)
1	Meghmani Organics Limited	11,00,000
2	Gujarat CSR authority	7,38,600
3	Arvind Foundation	3,13,150
4	Torrent Pharmaceuticals Limited	2,00,000
5	Dr. Apurva Ratnu	1,46,000
6	Mr. Sunil S Gadhavi	1,00,000
7	GSECL Sikka	66,440
8	GSECL Ukai	60,000
9	Dr. Hariprakash Hadial	56,121
10	Lupin Pharmaceuticals Limited	50,000
11	Bhajanandi Foundation	35,000
12	Ms. Mrudula Dave	5,000
13	Dr. Ameet Soni	5,000
14	Mr. Parin Niranjnabhai	1,001
15	Mr. Rashmi Macwan	500
16	Mr. Avikal Srivastava	100

Basic Information about Niramay Charitable Trust

1	Name of The Trust	:	Niramay Charitable Trust
2	Pan Card Number	:	AACTN9481A
3	12AA Registration number	:	AHMEDABAD/12AA/2019-20/A/11054
4	80G Registration number	:	AHMEDABAD/80G/2019-20/A/11182
5	Darpan Registration Number (NITI Aayog)	:	GJ/2019/0223390
6	Our Trustee Board	:	<ul style="list-style-type: none"> • Dr. Apurva Ratnu (Managing Trustee) • Dr. Devesh Tripathi (Vice President) • Dr. Hariprakash Hadial (Member Secretary) • Dr. Imran Malek (Treasurer) • Mrs. Gopi Ratnu (Trustee) • Mrs. Maitreyee Hadial (Trustee) • Mrs. Asma Malek (Trustee)

Members of Advisory Committee

Niramay Trust has eminent group of public health experts and technology experts to help us in shaping our activities in last three years. They have helped us to formulate and execute plan at each stage. These are the members of our advisory committee.

1. Dr. Dileep Mavalankar

Director, Indian Institute of Public Health, Gandhinagar.

2. Dr. Arun Kumar Singh

Head of Dept., Neonatology, AIIMS, Jodhpur & National Advisor, RBSK program, MoHFW, Government of India, New Delhi.

3. Dr. Vikas Desai

Honorary Director, Urban Health & Climate Resilience Center of Excellence, Surat.

4. Dr. Nishith B. Dholakia


Pediatrician & Ex Additional Director, Medical Services, Department of Health and Family Welfare, Govt. of Gujarat.

5. Dr. Bakul Gohel


Assistant Professor, DhirubhaiAmbani Institute of Information Communication Technology, Gandhinagar.

Annexure 1


1



**GUJARAT STATE ELECTRICITY
CORPORATION LIMITED**




NIRAMAY





SWAMIN UJJA TRUST

Healthy Hundred Thousands Initiative

Oral Cancer Screening Camps







Jogvad, Gagva, Sikka

17th to 22nd June 2019

Supported by :

Swamin Ujja Trust

Gujarat State Electricity Corporation Limited

Organized by :

Niramay Charitable Trust

Gujarat

2

Background

India is witnessing an epidemiologic transition from communicable diseases to non-communicable diseases. Major life causes of death are tobacco, stroke, heart failure, diabetes, and other chronic diseases. Many are either eliminated or controlled to a great extent. However, majority of Non-Communicable Diseases are still on the rise. Diabetes, cancer, mental disorders, and chronic diseases.

One in Two males and one in nine females between age 0-74 in Gujarat is likely to develop cancer at any size during life time

Gujarat is a global capital for oral cancer

ICMR report provides comparison between cancer rates between various cancer registries sites and communities across global sites as well. Unfortunately, Gujarat has higher global incidence of oral cancers (but not includes cancer of mouth and oropharynx).

Prevention of Oral Cancer

Oral and throat cancer, and cancer provides an opportunity for early diagnosis of cancer at pre-cancerous stage. If pre-cancerous stage of oral cancer is diagnosed, quick action can be taken for early treatment before cancer spreads to the other parts of body. Early early detection and surveillance helps in early detection and early treatment.

Healthy Hundred Thousands Initiative - Our Approach

At NCCRD, we will be initiating Healthy Hundred Thousands Initiative (or, Healthy 100K), we will be conducting one hundred (100) health camps for seven deadly diseases, namely tuberculosis, diabetes and Oral Cancer.

Annual incidence of Mouth Cancer per 100,000 population

Country	Annual incidence of Mouth Cancer per 100,000 population
Gujarat	~1.5
Thailand	~2.5
USA	~3.5
UK	~4.5
Sweden	~5.5
Israel	18.2

3

[illegible]

4

Follow-up of the high risk screened adults

It is very important to ensure appropriate treatment for all identified high risk adults. All hypertensives and diabetes positive screened adults are referred to nearest Community Health Centre (CHC) for follow up treatment and treatment.

Periodically, Niramay Charitable Trust is working towards widening further knowledge of pre-concensus below adults by oral survey campaign. All patients requiring further medical diagnosis will be identified through trained professional. Resulting prescriptions and remedy will be followed appropriately by nearest community health centre and further treatment.

Statistics of Niramay Screening camp at Sikka

Following are the data screening at the community Sikka Camp for 2018-19.

Sl. No.	Place	Area covered	No. screened	Pre-diabetes	Hypertension	Diabetes
1.	13/01/19	Jagpur	75	22	10	1
2.	14/01/19	Jagpur	60	14	7	0
3.	15/01/19	Jagpur	70	11	9	0
4.	20/01/19	Jagpur	60	10	14	0
5.	21/01/19	Sikka	70	12	13	1
6.	22/01/19	Sikka	170	31	14	2
Total			405	70	58	4
			(38.8%)	(14.3%)	(2%)	

Total screened
405

Pre-diabetes
18.8%

Hypertension
14.3%

Diabetes
2%

Way forward

We have screened more cases of hypertension and diabetes at the Sikka Community Health Centre for further treatment. Total 70 pre-diabetes cases adults at the same screened by Oral cancer campaign. We further conduct 1st round and follow up. Niramay Charitable Trust will ensure appropriate treatment for all those pre-diabetes screen patients and may be contribute towards healthy Gujarat.

For Further Information, donation and support :
Managing Trustee
Niramay Charitable Trust, Gujarat

At: 00727703852, 00923000081 Email : niramaygujarat@gmail.com

Annexure 2

1

Comprehensive NCD Screening for Oral Cancer, Hypertension & Diabetes

Project Niramay Phase 1

Kalol Taluka, Dist. Gandhinagar

August 2019 to March 2020

Supported by: Arvind Foundation
Organized by: Niramay Charitable Trust

2

Background

Non-communicable Diseases are on the rise in India. In the North-Eastern region, the incidence of Oral Cancer is high. In Gujarat, nearly 20% population suffers from high blood sugar (Diabetes) and 10% population suffers from high blood pressure (Hypertension). In India, the incidence of Oral Cancer is high. In Gujarat, the incidence of Oral Cancer is high.

Project Niramay

Project Niramay is a joint initiative between Arvind Foundation and Niramay Charitable Trust. It is aimed at providing a health screening service for people of Kalol Taluka, Gandhinagar.

Project Timeline

Project was implemented between August 2019 to March 2020.

Rationale

Despite very high rates of Non-Communicable Diseases (NCDs) like Diabetes and Oral Cancer, screening for these diseases is relatively low. In India, the incidence of Oral Cancer is high. In Gujarat, the incidence of Oral Cancer is high.

Way forward

Regular NCD screening is the way forward. It is aimed at providing a health screening service for people of Kalol Taluka, Gandhinagar.

3

Niramay camps in Kalol Taluka

Total 8 Villages of Kalol Taluka were covered under Project Niramay during 7 months period of August- March 2019-20. We have covered all the camps and number of people screened are as follows:

Sr.	Name of the Village	No. of Camps	Adults screened
1	Kharis	1	110
2	Jethal	1	142
3	Hajpur	1	101
4	Maheshwar	1	111
5	Narayan	1	77
6	Thangar	1	61
7	Tarapur	1	49
8	Tarapur	1	54
	Total	8	604

Prevalence of Non Communicable Diseases

Out of 604 people with DM/HT, 10% (60) people were with Hypertension and 10% (60) people with High Blood Sugar (HBS > 200 mg/dl).

Prevalence of NCDs (n=1034)

Bar chart showing the prevalence of NCDs (n=1034) in Kalol Taluka. The chart shows the prevalence of Diabetes (10%), Hypertension (10%), DM/HT (10%), and Normal (60%).

4

Closing the loop: Consultation with Oral Cancer Surgeon

After 179 people were screened under DM/HT, 10% (60) people were with Hypertension and 10% (60) people with High Blood Sugar (HBS > 200 mg/dl). The project team organized a consultation with Oral Cancer Surgeon to provide a second opinion to the people who were screened.

Way forward

Regular NCD screening is the way forward. It is aimed at providing a health screening service for people of Kalol Taluka, Gandhinagar.

Health Awareness at community level

Health awareness is an important component of any health intervention. The project team organized health awareness sessions in the community level.

Annexure 3

Letter from Municipal Commissioner Jamnagar



Letter from DySP Office, CID Crime, Gandhinagar



નાયબ પોલીસ અધિક્ષકની કચેરી,
સી.આઇ.ડી.કાઇમ અને રેલવેઝ, ગુજરાત રાજ્ય, ગાંધીનગર.
ફોન: ૦૭૯-૨૩૨-૫૪૩૮૦, ફેક્સ: ૦૭૯-૨૩૨૫૭૫૪૫
ઇમેલ: cor-crime@gujarat.gov.in

તા.૦૧/૦૫/૨૦૨૦

પ્રતિ,
મેનેજીંગ ટ્રસ્ટી,
નિરામય ચેરીટેબલ ટ્રસ્ટ,
ગાંધીનગર

વિષય: કોવીડ - ૧૯ અંતર્ગત સહાય બાબત.

કોવીડ-૧૯ એ એક વૈશ્વિક મહામારીનું સ્વરૂપ ધારણ કરી લીધું છે. ભારતમાં અને ગુજરાતમાં આ રોગનો વ્યાપ વધતો જાય છે. આવા સંજોગોમાં પોલીસ કર્મીઓ તેમની પૂરી નિષ્ઠાથી સેવા કરી રહ્યા છે. આવા સંજોગોમાં એ અગત્યનું બની રહે છે કે તેમની સુરક્ષા માટેના પુરતા પ્રબંધ કરવામાં આવે અને તેમને આ સંક્રમણથી બચાવવામાં આવે.

આ વિષયે નિરામય ચેરીટેબલ ટ્રસ્ટ દ્વારા નીચેની વસ્તુઓ આજરોજ તારીખ ૦૧/૦૫/૨૦૨૦ ના રોજ ગાંધીનગર પોલીસ વિભાગને આપવામાં આવેલ છે.

૧. હેન્ડ સેનીટાઈઝર(૧૦૦ એમ.એલ.) - કુલ ૨૦૦ નંગ

૨. કોટન ફેસ માસ્ક - કુલ ૨૦૦ નંગ


આપની આ મદદ પોલીસ વિભાગને સુરક્ષિત રહીને કોવીડ-૧૯ સામે લાદવામાં મદદરૂપ થશે.

(મંજૂતા વણઝારા)

નાયબ પોલીસ અધિક્ષક
મહિલા સેલ, સી.આઇ.ડી.કાઇમ
ગાંધીનગર

Annexure 3

Letter from the Fire Officer, Gandhinagar



ગાંધીનગર ફાયર એન્ડ ઈમરજન્સી સર્વિસ

સેક્ટર: ૧૭, ગાંધીનગર-૩૮૨૦૧૭

ફો. ૧૦૧,(૦૭૯) ૨૩૨ ૨૨૭૪૨/૨૨૧૦૦ E-mail: gandhinagarfire@gmail.com

તા. ૦૬/૦૫/૨૦૨૦

પ્રતિ,
મેનેજીંગ ટ્રસ્ટી,
નિરામય ચેરીટેબલ ટ્રસ્ટ
ગાંધીનગર


વિષય: કોવીડ-૧૯ અંતર્ગત સહાય બાબત

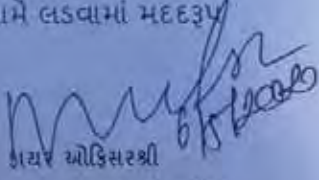
કોવીડ-૧૯ એ એક વૈશ્વિક મહામારીનું સ્વરૂપ ધારણ કરી લીધું છે. ભારતમાં અને ગુજરાતમાં આ રોગનો વ્યાપ વધતો જાય છે. આવા સંજોગોમાં ફાયર કર્મીઓ તેમની પુરી નિષ્ઠાથી સેવા કરી રહ્યા છે. આવા સંજોગોમાં એ અગત્યનું બની રહે છે કે તેમની સુરક્ષા માટેના પુરતા પ્રબંધ કરવામાં આવે અને તેમને આ સંક્રમણથી બચાવવામાં આવે.

આ વિષયે નિરામય ચેરીટેબલ ટ્રસ્ટ દ્વારા નીચેની વસ્તુઓ આજરોજ તા. ૦૬/૦૫/૨૦૨૦ ના રોજ ગાંધીનગર ફાયર શાખાને આપવામાં આવેલ છે.

૧. કોટન ફેસ માસ્ક - કુલ ૧૫૦ નંગ

આપની આ મદદ ફાયર બ્રિગેડને સુરક્ષીત રહીને કોવીડ-૧૯ સામે લડવામાં મદદરૂપ થશે.




ફાયર ઓફિસરશ્રી
ફાયર એન્ડ ઈમરજન્સી સર્વિસ
ગાંધીનગર



Niramay Charitable Trust

A-303, Devnandan Summit, Near Pramukhnagar, Sargasan Cross, Sargasan, Gandhinagar - 382421